

# CONFIDENCE

## WHAT IS CONFIDENCE?

Take a moment to consider what you understand by the word 'confidence'. Do any of these words or phrases help you clarify your understanding?

- Feeling of certainty.
- Self reliance.
- Assurance.
- Belief in abilities.

## WHAT IS SELF ESTEEM?

Take a moment to consider what you understand by the phrase 'self esteem'. Do any of these words or phrases help you clarify your understanding?

- Feeling of pride in self.
- Good opinion of self.
- Positive self image.
- Motivated.
- Attitude positive.

## WHAT AREAS OF LIFE TO WORK ON?

Think about areas in your life that are of concern for you and if you need to concentrate on improving your confidence or self-esteem, e.g.

- Family.
- Money/finances.
- Career.
- Happiness.
- Personal development.
- Self-worth.
- Communications.

## DESCRIBE SOMEONE WITH CONFIDENCE OR SELF ESTEEM

Think about someone you admire, whether they are family or friend, a famous celebrity or a sportsman. Use these descriptions and note down your appraisal of that person.

- Physical appearance.
- Grooming.
- Attitude.
- Communications.
- Body language.
- Speech.
- Eye-contact.
- Non-verbal signs.
- Position in life.
- Mood.
- Motivation.
- Etc.

Look at those attributes you have listed and try to find a similar attribute in yourself. Go on be good to yourself and feel good about yourself!

## CONFIDENCE BUILDING EXERCISES

1. Always play to your strengths.
2. Improve your weaknesses.
3. Be positive.
4. Be in control of your thoughts – a thought is an answer to a question you pose yourself! Use positive questions!!
5. Learn from the past and move on – it's happened!!
6. Use substitute words that really relate to your feelings.
7. Improve your body language. Look at others and how we judge them! Don't be a sheep!!
8. Every morning play out the days' expected events and make them all successes – visualise success and confidence will follow.
9. Every evening play back those events and note your achievements and successes – focus on positive happenings (as in 5).
10. Learn to talk about yourself more.
11. Finally - worries today are merely memories tomorrow

## ROLE PLAY

Recognise the negative and positive role-plays:

1. Enter room to meet someone/shake hands/make eye-contact/introduce yourself. Use mannerisms/walk and talk/behaviour/smile.
2. Be a customer making a complaint. Be assertive not aggressive.
3. Talk for two minutes on your strengths/good points/achievements (sell yourself).

## EXERCISES

A. Write down 5 words or statements that make you feel unhappy/sad/disappointed/worried or anxious about yourself, your past or your current life.

- 1.
- 2.
- 3.
- 4.
- 5.

*Review your thoughts and act on what you wrote in section A. Consider the use of a worry box or set goals and make an action plan to help you deal with these.*

B. Write down 5 words or statements that are happy/good/contented things about yourself, your past or your current life.

- 1.
- 2.
- 3.
- 4.
- 5.

*Review your thoughts and act on what you wrote in section B...enjoy what you have written and celebrate the feelings you have.*